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Sweex Smartwatch with Body Thermometer User Manual

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Sweex Smartwatch with Body Thermometer



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General Remark

Please read the manual before use.

The information in this document won't be modified or extended in accordance with any notice.

The watch should be charging 2 hours at least before use.

Waterproof and dustproof

The watch supports waterproof and dustproof.

Please follow below guidelines to maintain the waterproof and dustproof function.

Do not use watch under the strong pressure water.

Do not use watch when diving, snorkeling or other sports in turbulent water.

Dry your hands or watch fully before operating.

When exposed to water, please dry it fully with soft cloth. If it is exposed to other liquids (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer) or chemicals (such as The watch supports waterproof and dustproof.

Please follow below guidelines to maintain the waterproof and dustproof function.

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Dry your hands or watch fully before operating.

When exposed to water, please dry it fully with soft cloth. If it is exposed to other liquids (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer) or chemicals (such as cosmetics), please wash it with clean water and dry it fully with soft cloth.

By dropping or damaging the watch, the waterproof and dust proof function will be damaged.

Do not disassemble the watch, the waterproof and dustproof function will be damaged.

Do not use watch in extremely high or low temperatures

Do not use blowers and other heating devices to dry the watch.

Do not use in sauna or steam rooms.

Cleaning and management

Protect watch from dust, sweat, ink, oil and chemical products (cosmetics, antibacterial sprays, hand sanitizers, detergents, and insecticides) the internal and external parts could be damaged.

Cleaning SWSW00I BK, do not use soap, detergent, abrasive materials, compressed air, ultrasonic waves or external heat sources. Soap, detergent, hand sanitizer, or detergent residue may cause skin irritation.

After exercising or sweating, please clean your wrist and strap. Use water to clean, and dry thoroughly before use.

Product specification

Model	SWSW00IBK
CPU	RTL8762C ARM Cortex-M0 53MHz
Memory	RAM 128Kb+ ROM 64M
Capacitive touch screen	1.3" 240*240-pixel IPS
Bluetooth version	5.0
Function	Temperature, Heart Rate, Push Dial, do not disturb, Daily activity, Sleep, Notification (G-mail, Facebook, Skype, WhatsApp and so on)
Battery	Lithium-ion 3.7V/240mAh

Operation and product details

1. Power on: Press and hold the power A key for five seconds to turn it on. The home screen of the watch will be displayed after booting.
2. Touch screen operation: From the home screen, swipe to the right to the menu screen, then tap the function icon to enter the corresponding sub-menu.
3. Screen brightness: When the watch is in the state of interest screen, you can touch the screen brightness option.
4. When the Gesture control button is turned on in the APP, the user can also wake up the screen by turning the wrist.



5. Shutdown: Click the Setting icon, click System – Shut down, “click” to shut down.

Products quick introduction guide

1. Long press the main interface to enter the home page thumbnail.
2. Swipe to the right: display function list-> Daily activity, Temperature, Sports, Heart rate, Sleep, Countdown, Timer, Music, Weather, Message, Find phone, Relax Setting. Swipe up and down to navigate the list, and tap a function to select.
3. Swipe down: Display Time, Bluetooth connect, battery, Do Not Disturb mode, setting, find phone, system info, brightness settings.
4. Swipe up: storage information
5. Swipe to the left: display Daily activity, Heartrate, Sleep, Weather.



Setting method

Power on. When the watch in clock mode, please long press on the middle screen and set different clock interfaces if you like by swiping to the right. Note that close setting can be altered in app on the phone.

Download and install



Download and install the "Hit Fit Pro" App from APP Store or Google Play Store:

Notice

Please don't shut the Bluetooth notify service when you are clearing software by background or close background application software. It will affect the sync function between watch and phone if shut it.

Bluetooth connection for Android

Open HitFit Pro App-> Click "Device" in bottom -> "Device Connection"-> Searching Device.
Click OK and Click" Pair" to bind watch as below.

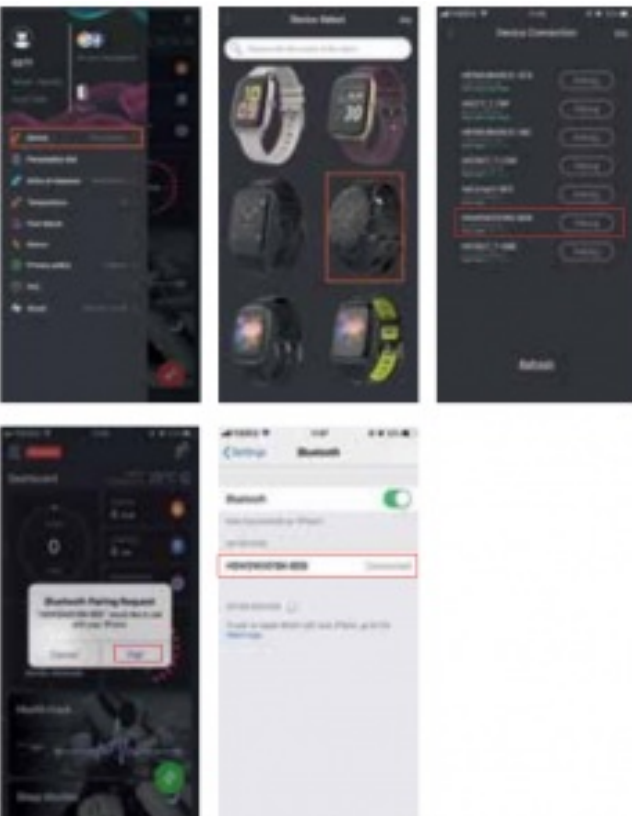
Open "HitFit Pro"-> left swipe menu bar swipe to left – Device – select the corresponding device icon – search for the corresponding Bluetooth address pairing



Bluetooth connection for iOS

Step 1: Open "HitFit Pro" app, "Add device" on "Me" screen to search Bluetooth devices nearby, find watch name SWSW00IBK and paired it in app. Once SWSW00I BK connected will show in the phone's Bluetooth menu screen as below pictures.


Open "HitFit Pro"-> left swipe menu bar-> Device – select the -corresponding device icon – search for the corresponding Bluetooth address pairing.



Connect step 2: Now the Bluetooth menu interface displays SWSW001 BK connected successfully as below picture shows.

Synchronizing data



Pair your watch with "Hitfit Pro" App, press  to sync your data. The data of the watch will be shown on App accordingly.



Basic functions



Daily activity' motion' data.

1. The watch will display the user's total number of steps on the day, walking distance, calories burned. The data will be cleared at midnight every day.
2. Operation instructions: In the main interface swipe to left and/or right and clicks the motion data to switch to the step counter interface. After no operation for 5 seconds, the screen is automatically turned off.



Temperature

1. Function introduction: The watch will measure the user's temperature under the temperature measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.
2. Operating instructions: Swipe to the left on the main interface and click the temperature static icon to switch to the temperature measurement interface. Once the interface is entered, the measurement will start. The left data is for Body surface temperature, it is changed in real time. The right data is for Body temperature, measuring 60s to complete the measurement. During the measurement, the interface value will be show"-.-~ After the measurement is completed, the value will be displayed. Remark: During testing body temperature, environment temperature requires within 18-30°C.



Sports

In sports mode: the single-point function icon allows you to enter sports modes such as Walking, Running, Climbing, Riding and Basketball.



Heart rate

1. Function introduction: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.
2. Operating instructions: Swipe to the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the measurement will start. During the measurement, the interface value will be zero. After the measurement is completed, the value will be displayed. If the result cannot be detected, it will always be displayed.



Sleep

1. Function introduction: The watch will display the user's sleep time the night before. (Sleep measurement time 21 :30 – 12:00 next day)
2. Operation instructions: Swipe the main interface left and right, click sleep to switch to the sleep interface, you can view the sleep time of the previous day.



Countdown

Choose 1 min, 5 min, 10 min, or set any time you want to use countdown function.



Timer

During the timing, you can start/ pause/ stop / reset switching with a single touch.



Music

After connected with the Bluetooth, you can manipulate Mobile to play music and adjust the volume, voice will come out from mobile phone.



Weather

When connected with HitFit Pro app, the watch will show local weather.



Message

When connected to Bluetooth, notifications are sent to your watch. (Open the push switch in the app settings in push notifications)



Find phone

When connected to phone, the phone vibrates and rings when you click the "Find Phone" icon.



Relax

Adjust your breathing and relax.



Setting menu



Bright screen display: Including Dial switch, Brightness, Screen time, Turn wrist wake setting.



Vibration intensity: Set vibration intensity.



Language: Including different languages you can choose.



System: Including About, Shut down, Reset setting.

File Downloads

sweek
Smart health Watch
with body temperature measure
SWSW001BK



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